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Your essential daily news | TUESDAY, MAY 16, 2017

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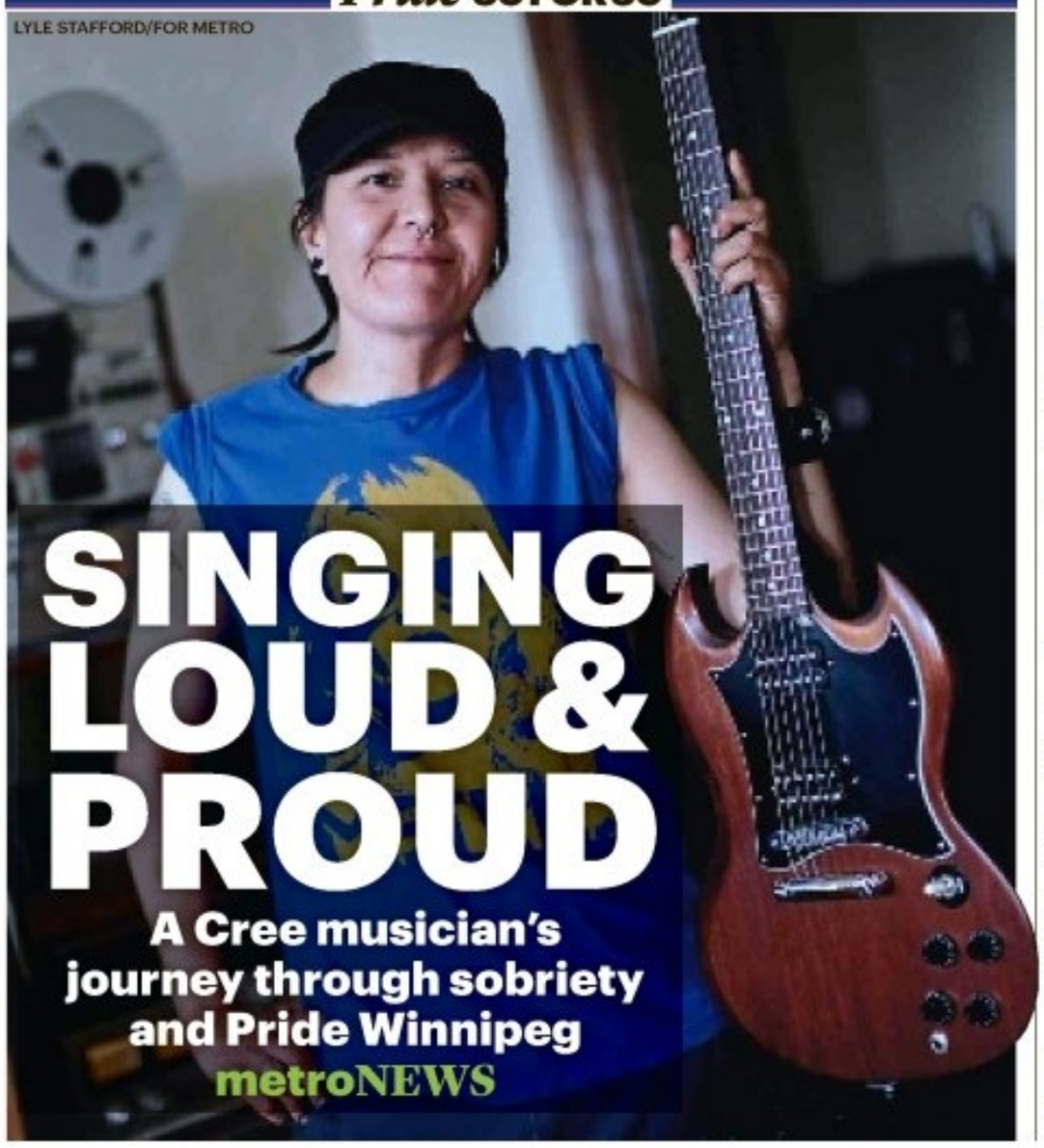
LYLE STAFFORD/FOR METRO

SINGING LOUD & PROUD

A Cree musician's journey through sobriety and Pride Winnipeg

metroNEWS

Young adults feel 'taboo' of cancer

HEALTH

New report sheds light on psychosocial, fertility issues

Jessica Botelho-Urbanski
Metro | Winnipeg

While cancer can be isolating at any age, a new report examines added stressors and psychosocial barriers experienced by teens and young adults dealing with the life-threatening disease.

Loneliness is chief among them, according to Bronwen Garand-Sheridan, a 32-year-old cancer survivor who was diagnosed with Hodgkin lymphoma at age 21.

Having been in remission for nearly 10 years, she said aspects of her life are still lonely post-treatment. Many of her friends and family don't want to talk about deep-seated fears of dying or cancer recurrence, issues she was forced to confront head-on.

"There is such a taboo I think around having cancer, and I think there's such a lack of awareness about young adults having cancer," said Garand-Sheridan, who's from Winnipeg but now lives in New York City. "When someone in that age group has cancer, we don't know what to say."

The Canadian Partnership Against Cancer defines adolescents and young adults (AYAs) as those between the ages of 15 and 39. In its latest report, the independent research group said about 7,300 AYAs are diagnosed with cancer in Canada every year.

Dr. Anne Katz, a clinical nurse specialist who also does fertility counselling at CancerCare Manitoba, said research into the effects of cancer among AYAs is lacking.

"This report really is in some ways a call to action in terms of increased research funding," Katz said. "We want to see greater attention paid to the psychosocial issues or the psychosocial challenges, (and) also the issue with payment for fertility preservation is a huge one."

Bronwen Garand-Sheridan, now 32, was diagnosed with cancer at age 21. CONTRIBUTED

Young adults diagnosed with cancer are often told they could become infertile after chemotherapy or radiation, so they must decide — if they have the time — whether to freeze their eggs or sperm before undergoing treatment.

Continued on page 4

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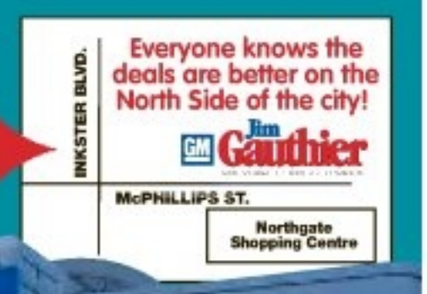
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Ottawa to move on protections for air travellers. **Canada**

Immigration lawyer calls for refugee system overhaul

GOVERNMENT

Clear path forward on claims process needed: Expert

Braeden Jones
Metro | Winnipeg

A Winnipeg immigration lawyer is calling on the federal government to rethink its two-tier refugee claims process, as new statistics show Manitoba sees the second-highest number of illegal border-hoppers.

"I know there were a number of campaign promises about an overhaul… but until the government puts together a more clear plan, I won't take too many things literally," said Alastair Clarke, who will speak on the subject of asylum claimants to his colleagues of the bar at Canada's Immigration Law Conference next month (CILC).

On Monday, Clarke said he helped someone from Mauritania successfully claim refugee status, partly because the west African country is not on Canada's Designated Country of Origin (DCO) list.

That list is meant to streamline the process to prevent backlog in the immigration system — which critics fear increased illegal crossings will lead to — by putting claimants from certain countries (DCO) through the system without a hearing.

Migrants from Somalia cross into Canada from the United States by walking down a train track early in February, into the town of Emerson. THE ASSOCIATED PRESS

But it's not cut and dry, as Clarke explained the hearing Monday involved evidence from both his client and the tribunal, witnesses, and issues identified in the hearing were critical to what he felt was a "fulsome" and fair process.

"The DCO system … splits refugee claimants into two tiers," he said. "If the claimant is from a DCO, they do not have the same rights to have their claim heard as individuals from other countries; their opportunity for presenting oral evidence to a tribunal is limited, the procedures for those claimants are restricted."

The Canadian Press reported Monday that some refugee advocates also feel the two-tier approach introduces unworkable timelines for hearing cases and their appeals.

The federal government's own internal reviews apparently show the system hasn't worked, but efforts to do away with the DCO component has been delayed — first by the election of U.S. President Donald Trump, then by a Liberal cabinet shuffle that included the immigration portfolio, and most recently by a sharp increase in illegal border crossings putting a spotlight on the issue.

A spokesperson for Immigration Minister Ahmed Hussen said the department continues to review the policy.

In the meantime, Clarke and other lawyers are trying to manage cases and avoid backlogging the system, undeterred by changes that may or may not come soon.

Clarke said he feels Hussen has been managing the portfolio in a way that is "basically complying with the status quo."

At the CILC, Clarke said he'll touch on the "flux" immigration in Canada, with "each new minister putting their own print on the file, changing definitions and regulations."

But Clarke believes the federal government's most pressing matter isn't the DCO issue, but rather the Canada-U.S. Safe Third Country Agreement, which requires asylum seekers to claim refugee status in the first country where they land. That agreement will be central to his CILC address, during which he'll lobby other immigration lawyers to join in his call to suspend the agreement.

"With the numbers that have been coming through Manitoba in particular with irregular crossings… the situation in the United States has been affecting Canada," he said.

> **The situation in the United States has been affecting Canada.**
> Alastair Clarke

So far in 2017, there have been 477 irregular crossing interceptions in Manitoba, second most to Quebec, which has seen 1,993, but far more than the third-highest, B.C., with 233.

"The key point is that increasingly, refugee claimants don't consider the United States to be a safe country where they want to claim refugee status," Clarke said. "I don't think the Safe Third Country Agreement needs to be abolished, because the situation in the United States is temporary, but it needs to be suspended and reinvestigated."

WITH FILES FROM THE CANADIAN PRESS

NEW PROJECT

Museum a 'human library'

Jessica Botelho-Urbanski
Metro | Winnipeg

Up to 60 high school students will turn over a new page at the Canadian Museum for Human Rights Tuesday.

The museum is test-driving a human library project where 15 "books" — people with poignant human rights-related stories to tell — will be loaned to students for personal discussions.

Interpretive program developer Amber Parker said if all goes well, the CMHR would like to follow up Tuesday's event with more public living libraries.

"One of the main goals of the human library is to challenge prejudice, assumption and stereotypes," she said. "So I'm hoping that it'll provide a forum for the students to have kind of these conversations that are very honest and very personal, with someone that they probably wouldn't meet in the course of daily life."

Teens from Kildonan East Collegiate, Maples Collegiate and Garden City Collegiate will take part. They got to preview a catalogue of the "books" available to chat and choose which three they'd like to hear from during their two hours of allotted time.

Local books include Holocaust survivor Isaac Gotfried, transgender activist Mason Godwaldt and deaf actress Joanna Hawkins.

Four of the people profiled in the CMHR's Canada150 exhibit, Our Canada, My Story, are also flying in from across the country to participate.

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Trump leaked intel: Report

SECURITY

White House denies claims of sharing Daesh info

President Donald Trump revealed highly classified information about Daesh militants to Russian officials during a meeting at the White House last week, The Washington Post reported Monday.

The newspaper cited current and former U.S. officials who said Trump shared details about a Daesh terror threat with Russian Foreign Minister Sergei Lavrov and Russian Ambassador Sergey Kislyak. The threat was related to the use of laptop computers on aircraft.

The White House denounced the report.

"This story is false. The president only discussed the common threats that both countries faced," said Dina Powell, deputy national-security adviser for strategy, who attended the meeting.

President Donald Trump speaks with Russian Foreign Minister Sergei Lavrov during a meeting at the White House last Wednesday. GETTY IMAGES

National Security Adviser H.R. McMaster, who also participated in the meeting, downplayed the report as well.

"The president and the foreign minister reviewed common threats from terrorist organizations to include threats to aviation," McMaster said. "At no time were any intelligence sources or methods discussed and no military operations were disclosed that were not already known publicly."

The anonymous officials told the Post that the information Trump relayed during the May 10 meeting had been provided by a U.S. partner through an intelligence-sharing arrangement.

They said it was considered so sensitive that details have been withheld from allies and tightly restricted even within the U.S. government.

The Post said the intelligence partner had not given the United States permission to share the material with Russian officials. By doing so, Trump jeopardized co-operation from an ally familiar with the inner workings of Daesh.

Afterward, White House officials took steps to contain the damage, placing calls to the CIA and the National Security Agency, the newspaper said.

The CIA and the Office of the Director of National Intelligence declined to comment Monday evening.

It's unlikely that Trump has broken any law. As president, Trump has broad authority to declassify government secrets.

Lawmakers from both parties were quick to weigh in.

Sen. Bob Corker, R-Tenn., chairman of the Senate Foreign Relations Committee, said that the Trump White House "has got to do something soon to bring itself under control and order."

THE ASSOCIATED PRESS

TRANSPORTATION

Ottawa serious on protecting travellers

Ottawa is moving ahead with a passenger bill of rights to give air travellers more recourse to get compensation when travel plans go awry.

Transport Minister Marc Garneau is expected to lay out details of the initiative at a news conference Tuesday morning as the government tables its "Transportation Modernization Act."

The move has been months in the making, but recent high-profile incidents on U.S. airlines and in Canada have put the issue of passenger rights in the spotlight, which, Garneau said, helped underscore the need to protect travellers better.

"We recognize that when a passenger books a ticket … (they) are entitled to certain rights, a bill of rights, if you want to call it that," Garneau told reporters in April.

TORSTAR NEWS SERVICE

National & World digest

Ambrose to resign as MP

Interim Conservative leader Rona Ambrose is expected to resign her seat in the House of Commons this summer, sources confirmed Monday.

Sources tell The Canadian Press she intends to outline her future plans in a farewell breakfast speech Tuesday morning, ahead of a planned tribute to her in the House of Commons.

THE CANADIAN PRESS

MPs show unity for judicial training

Canada is a step closer to requiring would-be federal judges to first undergo comprehensive training in sexual assault law, thanks to a rare show of cross-partisan support Monday in the House of Commons.

The Liberal government threw its support behind a bill introduced by interim Conservative leader Rona Ambrose. THE CANADIAN PRESS

HEALTH

High costs an 'insurmountable barrier'

Continued from Page 1

Katz said for men, freezing sperm can cost about $1,000 at first, with recurring storage fees applicable after that. For women, the initial procedure can cost about $10,000, between stimulating ovaries to produce more eggs, retrieving and freezing them.

The costs can be an "insurmountable barrier" for some cancer patients, Katz said, preventing them from having kids later in life if they survive cancer.

Garand-Sheridan was lucky enough to have a "capital M, Miracle" baby six years ago without egg freezing. Doctors thought she'd never be able to conceive and were stunned when she did.

Now she shares her survival story to help others understand the isolation AYAs with cancer still face.

"I think just with more awareness as a community we're going to find solutions, just as much as if we put the greatest minds at Yale or wherever in an ivory tower (to do research)," said Garand-Sheridan, who's now studying music theory at Yale University.

"For me, it's bottom-up things — it's people sharing their stories and breaking the taboo that I think is the first step."

> **It's people sharing their stories and breaking the taboo that I think is the first step.** Bronwen Garand-Sheridan

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Pride 30FOR30

Striking a chord at Pride festivals

Danelle Granger
For Metro | Winnipeg

Cree musician Wanda Wilson has strummed before many Pride audiences, but one particularly struck a chord with her.

The self-taught singer-songwriter from Opaskwayak Cree Nation — more than 600 kilometres north of Winnipeg — took to the stage at the first Pride North of 55 Festival in Thompson, Man., in 2014.

"It was an important turning point for that community and all of northern Manitoba. For me, seeing the youth was very inspiring," she said. "To see northern youth in a safe place just being who they want to be was phenomenal.

"We all have so much to learn from the youth. They have so much heart and they are fierce."

Musician Wanda Wilson
LYLE STAFFORD/FOR METRO

Wilson first attended Pride Winnipeg in 2000 when she performed on the main stage in Memorial Park with her rock band the Help Wanteds.

Over the years, Wilson has played for Pride Winnipeg multiple times, the most recent being in 2015.

"It has been so wonderful to see people out and proud in public — all people celebrating and sharing the day. Performing and being part of that is just so much fun and important," she said.

These days, Wilson also plays solo, writing music that touches on themes of independence and racism — but with some humour strung throughout the heaviness.

"I'm grateful for my path — I have come a long way. I have been clean and sober (from alcohol) for 11 years now," she said. "Music, writing and performing have helped me to keep busy and creative in a healthy way."

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PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Alex Abdelwahab/Metro

Building a waterproof city

As climate change becomes a fact of life, natural disasters will hit cities harder and more often. While touring areas of Quebec devastated by flooding last week, Prime Minister Justin Trudeau warned about future struggles. "We're going to have to understand that bracing for a 100-year storm is maybe going to happen every 10 years now or every few years," he said.

Here are some ways cities are becoming storm-resistant:

GREEN ROOFS

Traditional hard roofs cause large amounts of runoff in cities. Many places are prioritizing "green roofs" covered in vegetation to counteract that effect. Measuring six acres, the green roof on the West building of the Vancouver Convention Centre is one of Canada's largest.

ISTOCK

BIORETENTION PARKETTES

In Toronto, the Coxwell/Fairford parkette is one of the first of its kind in Canada. It uses plants to collect and treat stormwater runoff from the surrounding roadway and replaced paved over surfaces with trees and thousands of pollinator plants.

TWITTER/RYURBANWATER

ISTOCK

CONSTRUCTED WETLANDS

In the outskirts of Calgary, the 156-hectare man-made Shepard Wetlands functions as a storm water storage facility, treatment centre and wildlife habitat that naturally filters storm water before it enters the Bow River.

GREEN STREETS

CONTRIBUTED

The City of Paso Robles, Calif., wanted to reduce street flooding, so in 2014 it turned 21st Street into a "green street." Part of the redesign included adding a media filled with plants to filter runoff and slow the flow into sewers.

URBAN WATERSHED

In Seattle, Wash., the Growing Vine Street project uses a series of downspouts, and cascading planters to capture and filter rainwater to ease pressure on storm sewers. Some are even used for irrigation.

FLICKR

WORD ON THE STREET by David Hains/Metro

Stock the shelves with these city-themed reads

With the long weekend rolling in, it's time to find that next great summer read. As part of our new series on urban reads, here are three books for the metro-minded to check out in between the fireworks.

The New Urban Crisis by Richard Florida

For his first new book in seven years, Richard Florida flips the thesis from his landmark The Rise of the Creative Class. He's not as optimistic as he once was, and where he once saw opportunities he now sees people being left behind by inequality. This is partially a response to the likes of Rob Ford and Donald Trump, but it's also an acknowledgement of Florida's blind spots, and how cities must do better.

Street Fight by Janette Sadik-Khan

New York's former transport czar made a name for herself by cutting through opposition to make bold changes, including the revamped, pedestrian-only Times Square. Selling risk-averse residents on change is tough, so Janette Sadik-Khan's tactic is to make great projects and let them shine as the best argument for themselves. To hear her tell it in this book, if cities want streets to work better they can't repeat past mistakes.

A People's History of Chicago by Kevin Coval

Spoken word poet Kevin Coval explores Chicago through moments and people often overlooked by more conventional history books. In this volume, he looks at the Division Street riots, the Treaty of Chicago, and Dr. Margaret Burroughs, the founder of the first African-American museum. The result is a rich and lively portrait of a city with much to offer.

Have a suggestion?
Tell us your favourite books about cities and the people in them.
sjbattersby@metronews.ca

PUBLIC WORKS
The week in urbanism

CLIMATE COUNTDOWN
The mayor of Sydney, Australia is cancelling her glitzy New Year's Eve bash at the city's famed opera house and putting the funds towards climate change action instead. The $750,000 earmarked for the exclusive party will go to new urban parks, a zero-carbon building contest, and retrofitting buildings for energy efficiency.

BLAST FROM THE PAST
London cyclists are rallying to take back what was once theirs. The city built a network of bicycle superhighways in the 1930s that have since been converted to car parking spaces and other non-bike friendly spaces. Now a campaign to revive the lost history is gaining steam — and cash.

CITY CHAMP **Metro's city builder of the week**

JEFF HARPER / METRO

Kourosh Rad is a proud immigrant and Halifax resident. A senior urban planner with consulting firm WSP, he works to bridge the gap from developers and architects to city hall and the public. **@RadUrbanist**

URBAN DICTIONARY

DEFINITION
Ponding is when water gathers in a low part of a road, often where there is poor drainage.

USE IT IN A SENTENCE
The **ponding** was so bad on Sabina's street she almost listed it as a waterfront property on Airbnb.

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Game of Thrones creator George R.R. Martin reveals five follow-up projects are in the works

Putting on the plaid uniform

HEALTH

Prostate cancer survivor is still fighting the good fight

Tamar Harris
For Metro Canada

David Brittain was first diagnosed 20 years ago. CONTRIBUTED

David Brittain was 53 when he found out he had prostate cancer.

He told his doctor: "I had a lot of hills to climb and a lot of rivers I wanted to canoe. So give me time."

Brittain — now 73 years old — got that time. He's an Air Force veteran, Royal Military College graduate and a prostate cancer survivor. And on June 16, he'll be wearing Plaid for Dad.

Plaid for Dad is a campaign by Prostate Cancer Canada (PCC) to raise funds and awareness about the disease.

"It's become a wonderful way to celebrate the love for the men in our lives right ahead of Father's Day," said Rocco Rossi, president of PCC.

Brittain will be wearing his family's Anderson plaid on June 16.

"I've got friends, relatives, classmates supporting it," Brittain said. "It's nice to see the support for a disease that has gone from not a lot of attention being paid to it, over the last 20 years, to a lot more."

Brittain said being diagnosed with cancer, especially one with low funding and research compared to breast cancer — "really hit me."

"I was a skier and a white-water canoeist and I've skydived — so I've busted more bones than most people," Brittain said. "I would say during the day, (you're) pretty cool about it. But when you put your head on your pillow, your brain starts going the 'what-if' route."

Since beating the disease, Brittain has been a strong advocate for prostate cancer awareness. He said seeing his peers support awareness for a disease he experienced "couldn't be any better."

Last year, almost 630 companies wore Plaid for Dad from coast to coast. Eight premiers, 14 mayors and even Navy submarines got involved.

"Whether it's people in the sub, or at an RCMP contingent in Comox, or paramedics in Peterborough or fire in St. Albert, it's the notion of all these people, all these brave men and women across the country, put on a uniform each and every day to help protect all Canadians," Rossi said.

And on June 16, Rossi said they'll be putting on a different kind of uniform — a plaid one.

June 16 is **Plaid for Dad Day** in Canada. People from across the country will wear plaid to help raise awareness and vital research funds for prostate cancer. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

PLAID FOR DAD metro focus on prostate cancer

'I wouldn't be seeing my grandkids'

Paul Nolan, 68, lives in Surrey, B.C. He is a prostate cancer survivor.

"You appreciate things a lot more. If I didn't have the operation (to remove the cancer), I wouldn't be seeing my grandkids today.

I didn't have them back then, but I have them today. It's life-changing for sure. (My family gave) just a lot more support. They get more emotional, and don't know if they'll see you again, things like that. I have a lot of faith in my higher power, and He took me through it ... I've been to hockey games, (Prostate Cancer Canada) has a booth. I was handing out pamphlets to guys, even wives and girlfriends, and telling them about it. A lot of them didn't know about the PSA (prostate-specific antigen) test. Doing stuff like this just makes more awareness."

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LEARNING CURVE

THE SCHOOL YEAR IS OVER AND I'M FEELING UNSURE

ISTOCK

Congratulations, your first year of post-secondary school is complete. But while you were expecting to emerge from the experience bowled over by your subject of study, you're now surprised to find that you're feeling unsure if it was the right field for you. With the next semester only a short summer away, how do you go about determining whether to pursue the same path, or to make a scholastic switch?

"Students firstly need to remember that in many cases introductory courses in a program of study offer a very general overview," says Stephanie Miller, coordinator of academic advising at the University of Winnipeg. "If they move forward in the same field they might find they're more satisfied and engaged with higher level courses which allows them to focus on a specific niche in that area of study."

"Meeting with upper-level students in the area of study can be helpful in confirming that the course they're taking will be a good fit going forward," says Miller, adding that conflicted students can also reach out to department chair or professors to find out why they love this field and how they came to chose this area of study.

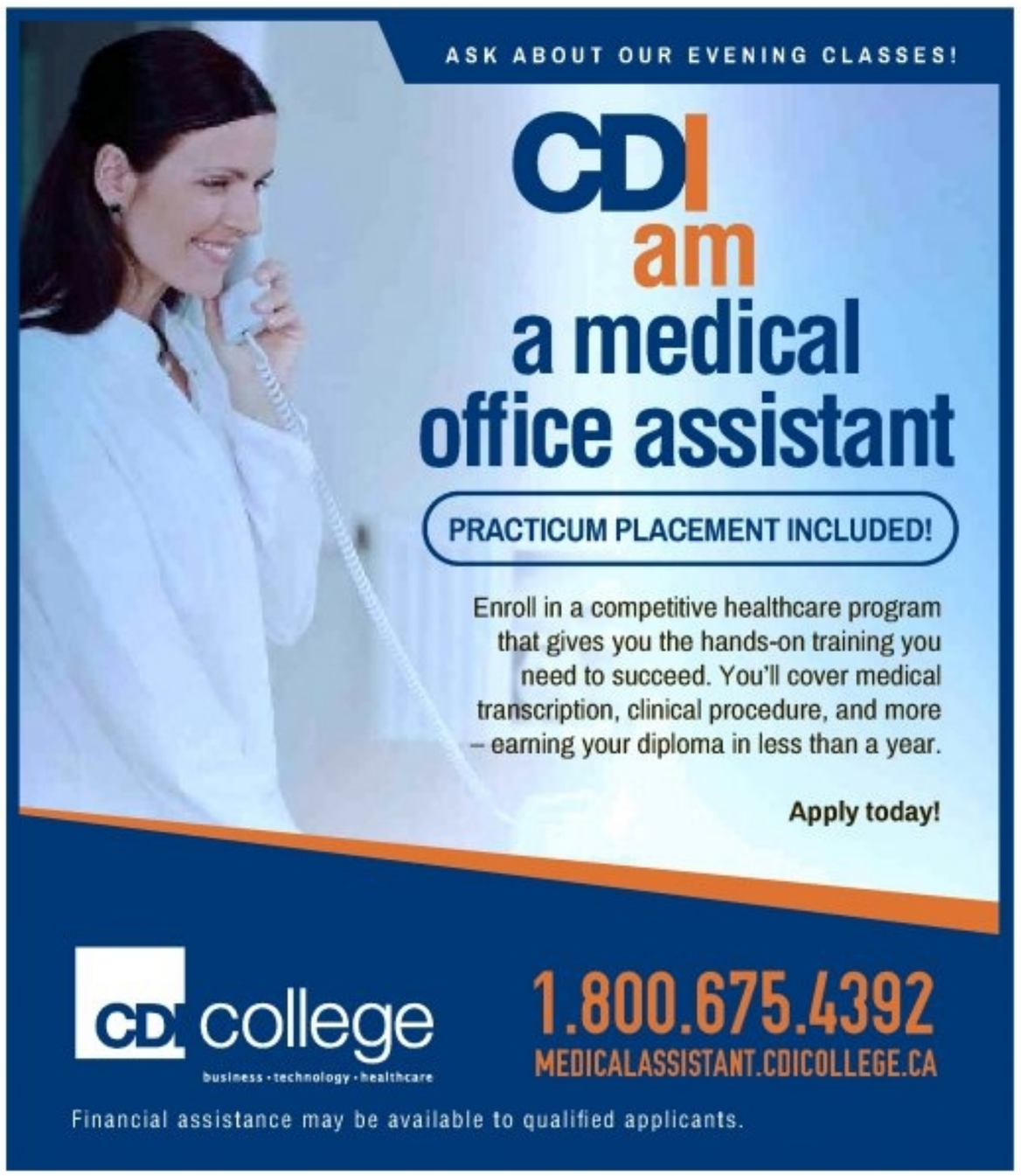
Miller adds that when these moments of uncertainty arise, it's productive for a student to reflect on what drew them to that program in the first place, and to ponder what they were expecting or hoping to learn and how their expectations were not met.

"As an exercise I also encourage students to look at the second and third year courses of their program to see if they pique their interest," she says. "If they don't see anything, I'll remind them that it is very common for students to make changes to their program after their first year and we'll then brainstorm in order to find alternative options."

Diana McIntyre, counselor at George Brown College, emphasizes that if a student truly feels their program wasn't the right fit for their interests or career path, they should go ahead and organize a meeting with a career advisor or student counsellor to explore the next steps.

"We often see students who lack career clarity and find that the course they have selected is very different from what they had imagined," she says.

-LIZ BEDDALL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This job requires diverse skill sets. A medical office is the place where patients from all walks of life go when they need medical care of all kinds, so your intelligent and caring support is crucial.

Your organizational skills are essential too. As a medical office assistant, you'll be performing medical office procedures that your doctors, medical staff and patients will rely on, including keeping accurate electronic medical records, and performing medical billing.

Some medical knowledge is also important, since you'll be performing basic clinical procedures and tests in your office.

To start on the path to this rewarding career, enrol in a current education program. The CDI College Medical Office Assistant program offers in-lab training to make sure you get hands-on experience with basic medical procedures, skills and knowledge.

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For more information on CDI College's Medical Office Assistant diploma program, visit medicalassistant.cdicollege.ca or call 1-800-360-7186.

Broaden your employment network and learn to incorporate your skills in a workplace setting

Robertson College practicum placements partners students with industry professionals to give them hands-on experience

CONTRIBUTED

Practicum placements allow students to practice skills learned in their program and enables them to continue learning through the real-world, hands-on experience.

They get insight and mentorship from host sites that further reinforces and deepens their understanding of the subject matter relevant to the discipline they studied.

Robertson College has 18 different programs, which fall under the Faculty of Business/IT, Faculty of Health Care, and Faculty of Allied Health — with every program offered having a practicum component that students must complete as a requirement for graduation.

"Students get feedback on their core skills as well as workplace skills which will help them to grow and become well-rounded professionals," says Michael Boyd, manager, Career Services, Robertson College. "It also helps them widen their own network by meeting and interacting with individuals who likely were practicum students themselves at one point."

Boyd says many students do not understand their full range of opportunities and that skills from a specific program may be relevant to a number of different industries.

The practicum is almost always the last portion of a program in a student's schedule before they graduate and Robertson College is always looking for industry partners who are interested in being a part of this vital piece of their student's education.

"Employers benefit as much as the students albeit in a different way," says Boyd.

"Some businesses need help during peak periods, while others have internal projects that have not been started due to resourcing."

He adds that other businesses may be interested in hiring a recent graduate and the practicum gives them an opportunity to "try them out" in their own offices.

Robertson College has spent the last year diversifying and adding hosts.

"Some new partnerships have occurred by word of mouth while others were existing partnerships that now take students from different programs," says Boyd.

"We have partnerships with hundreds of organizations which host upwards of 1,300 students for practicum per year."

Organizations understand the value in hosting a student.

"It is a mutually beneficial experience to everyone — the student gains knowledge, experience, and is able to widen their understanding of opportunities in various sectors," says Boyd.

"Businesses get help with projects that may otherwise not see progress and they get the opportunity to see a potential future employee right in their offices interacting with staff and clients alike."

If any employer is interested in hosting a practicum student, learning more about the process, or having the Robertson College Career Services Department distribute job postings to graduates, they can contact Career Services by visiting robertsoncollege.com/career-services/ or by calling (204) 943-5661.

Learn your own way with flexible studying options

With the flexible education (Flex-Ed) option at Herzing College, students get the best of both worlds by studying in class and online.

Flex-Ed students have the convenience of studying online on their own time, while at the same time, the ability to study on campus and receive support from instructors.

"At Herzing College we understand that student's needs are evolving, and that the way in which we deliver our programs has to evolve with it," says Kerry Swanson, president, Herzing College Winnipeg Campus.

"Students often juggle work, family and other commitments all while trying to attend school and further their education, and we realize that while some students prefer to attend regular scheduled classes at our campus, there are other students who prefer to work in an online learning environment or need flexible class times to best accommodate their schedules."

Swanson says it is education your way.

Through the Flex-Ed option, students are able to customize their schedule to best suit their lifestyle.

WE WANT TO ASSIST STUDENTS IN STARTING SCHOOL, GRADUATING AND FINDING EMPLOYMENT SOONER.

– Kerry Swanson

Although Flex-Ed options may vary according to campus and programs, it is a great option for students who may not be 100 per cent self disciplined to study on their own, or who don't always have the time to be on campus.

Students can choose to work completely or partially online and come to the campus during set hours each day to meet with their instructor and use our facilities.

This format also allows for students to start their desired programs sooner — no more waiting several months for a program start date.

"We want to assist students in starting school, graduating and finding employment, sooner," says Swanson.

"Take control of your class schedule by leveraging online learning and manage your time in school the way that best suits you."

Students are increasingly looking for flexibility and options when choosing how they pursue their education.

Flex-Ed is the Herzing solution to meeting those needs.

For a full list of the programs available in the Flex-Ed format at Herzing College, visit herzing.ca/winnipeg.

ISTOCK

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Choo choo choose a rewarding career in transportation

Industry continues to change and evolve rapidly and the traditional method of on the job training is no longer a luxury industry can afford.

Companies investing in logistics management are creating their own competitive advantage in the face of globalization and rapid technological changes.

"The transportation and logistics management certificate at Red River College prepares existing and new employees for a management career in the field by studying relevant topics including logistics, processes, transportation systems, business communications and economics," says Bruce Bishop, program manager, Industry and Transportation, RRC.

The transportation and logistics certificate program, offered by Red River College, in conjunction with Canadian Institute of Traffic and Transportation (CITT) leads to the nationally recognized CCLP (Certified Logistics Professional).

The program contains two core courses, and five electives are offered by RRC in level 1 and 2.

Completion of these courses will the give the student the skills and knowledge to succeed as a manager in the transportation and logistics industry.

Students can also move to level 3, which is Advanced Logistics, available through University of Manitoba.

Career opportunities for successful graduates of this program include warehousing and distribution; logistics; airlines, railways, trucking, third party logistics providers (freight forwarders, custom brokers, etc.), manufacturing, agribusiness and government.

Bishop says in Manitoba more than 56,000 people are employed, in more than 5,800 different businesses providing transportation and logistics.

"Whether it's RRC's transportation and logistics management certificate, our warehousing and distribution program, our railway conductor program, our commitment to our students and the experience of our instructors prepares the leaders of tomorrow, as demonstrated by the recent awarding of Dimitrios Athanasiou, winner of this year's Walter Kenneth Morris Scholarship Fund (CITT)," says Bishop.

ISTOCK

The CITT Walter Moss award is given annually to a Manitoba student who excels in transportation systems course and who goes on to excel in transportation processes.

Start your career in transportation and logistics by enrolling this fall (September) in transportation system.

For more information about the transportation and logistics management certificate, visit rrc.ca/tad.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Transportation and Logistics Management Certificate

Prepare for a management career in the transportation and logistics industry.

Study logistics processes, transportation systems, business communications and economics.

This program is offered in conjunction with the Canadian Institute of Traffic and Transportation, and leads to the nationally recognized CITT designation.

For more information:
204.694.1789 | cde@rrc.ca | rrc.ca/tad

Trusted instructors help HR students face real world

Alyza Fernandez arrived in Winnipeg from the Philippines in 2012 and not long after joined Target Canada as a human resources team member.

When Target Canada closed, she decided to pursue her interest in human resources — via Professional, Applied and Continuing Education (PACE) at The University of Winnipeg, to obtain the necessary skills for a career in this field.

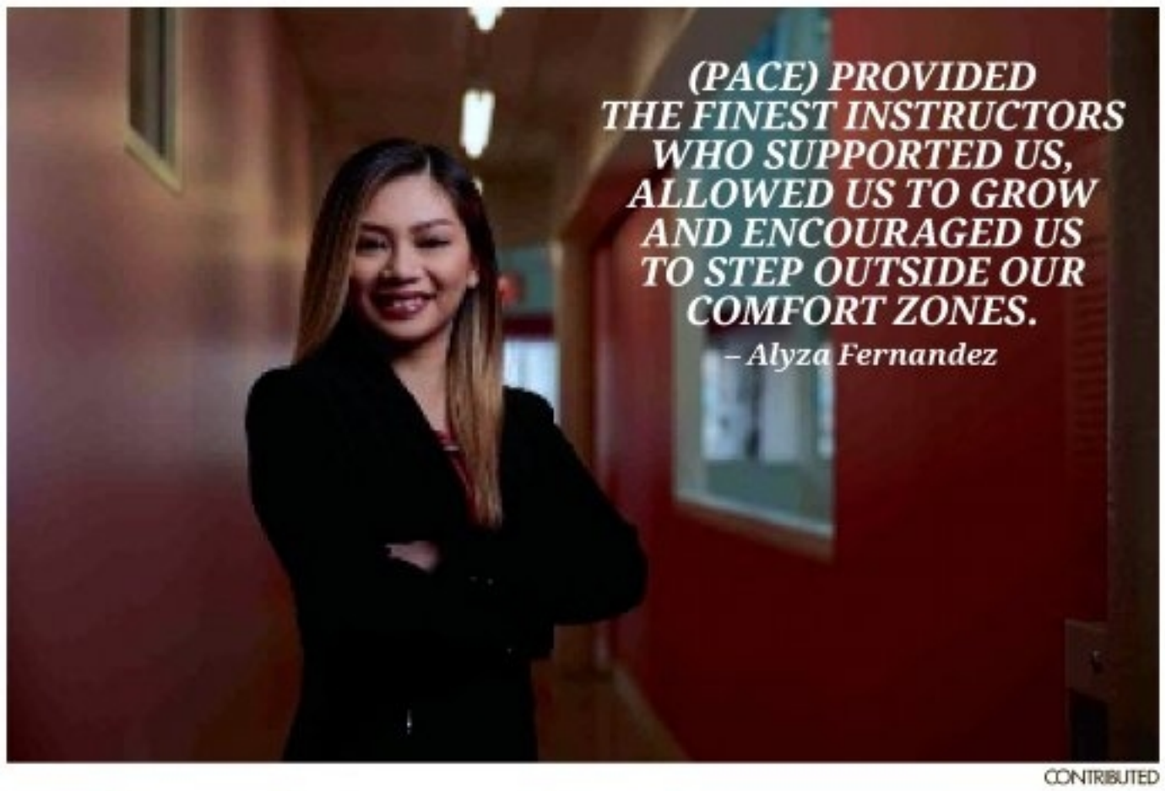
"PACE student success stories inspired me to sign up," says Fernandez, who graduated from the human resource management (full-time) program in 2016.

"I chose PACE because they have an outstanding academic reputation and I knew that they could provide me with the quality education I needed in order to be market-ready for employment."

Fernandez thrived in the PACE environment and was impressed by the instructors.

"They provided the finest instructors who supported us, allowed us to grow, and encouraged us to step outside our comfort zones," she says.

"Trusting my instructors and being willing to learn and take risks gave me the confidence to face the real world."


(PACE) PROVIDED THE FINEST INSTRUCTORS WHO SUPPORTED US, ALLOWED US TO GROW AND ENCOURAGED US TO STEP OUTSIDE OUR COMFORT ZONES.
– Alyza Fernandez

CONTRIBUTED

Fernandez says the program opened her eyes to the different areas of human resources and helped her discover the right career path to follow.

She was hired by CancerCare Manitoba following a four-week internship, and is currently the organization's human resources intake administrator.

The human resource management (full-time) program is a four-time award-winning and CHRP accredited program that distinguishes itself from other academic competitors by layering traditional elements of human resource management with a heavy emphasis on leadership, concrete business tools, and effective communication tools.

The full-time program aligns its content to industry-recognized standards and best professional practices, earning graduates top scores on their professional designation examinations.

Further, students will have the opportunity to obtain their WHMIS certification through the managing occupational health, safety, and environment course.

Graduates of this program will attain both a human resource management diploma and a management certificate and upon graduation become eligible for their CHRP certification.

The next intake for the full-time program is Aug. 29 and finishes Sept. 7, 2018.

This intake includes a one-week orientation and a four-week internship.

Classes take place from Monday to Friday from 9 a.m. to 4 p.m..

For more information about the human resource management (full-time) program at PACE, visit pace.uwinnipegcourses.ca.

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

Student Success Story

Dana, a UWinnipeg graduate was working as a server at Stella's. Through a chance conversation she was inspired to enroll in PACE's HR program. After graduating she was promoted to Director of HR for all seven of Stella's locations.
"The skills I learned at PACE have been extremely relevant in my day-to-day responsibilities."

Write your own success story with PACE at UWinnipeg!
Human Resource Management Diploma program:
Full-time - August 29
Part-time - September 11

PACE.UWINNIPEG.CA

Dana, Class of 2016
Director of Human Resources, Stella's Cafe & Bakery

CLINIC OFFERS A HELPING HAND TO FELLOW STUDENTS

Those enrolled in massage therapy program provide affordable massages while gaining hands-on experience

For people who have never experienced massage therapy before, it may be time to ask why not.

Massage therapy offers a number of positive benefits and studies have found that massages can be helpful to heal and relax the body, as well as to relieve headaches, help with anxiety, digestive disorders, and help with sports related injuries.

While the cost of massage related services may vary from place to place, the Wellington College Student Clinic offers the general public massage therapy treatments for a fraction of the cost.

"Due to some clients not having benefits to cover their massages, we offer a reduced price that is affordable so all types of people can get a massage," says Francesca Messina, clinic coordinator at Wellington College.

The Student Clinic at Wellington College creates a win-win scenario for both the students and the public.

The public can benefit by receiving massage therapy services from the students at a more affordable rate, while at the same time, helping the students to gain hands-on experience in this field.

The focus of the Student Clinic is to help students use the techniques they have learned in the classroom in an environment that is similar to a well-run clinic in the city.

The Student Clinic is supervised by a registered massage therapist that has two or more years of experience.

"This is to insure the student has help from an experienced therapist," says Messina.

The Student Clinic is also used to help students prepare for their hands-on exams and help them to be professional in what can be a difficult, real-life situation.

"The clinic is a great way for students to experience different situations before leaving the college and getting advice from the registered massage therapist," says Messina.

ISTOCK

For those interested in receiving a massage through the Student Clinic, the costs are $31.50 for an hour therapeutic/relaxation massage and $36.75 for a hot stone massage.

The Student Clinic is open from 5 to 9 p.m. (with the last appointment at 8:15 p.m.), Monday to Thursday, and is located at 435 Berry St. at Wellington College.

To make an appointment at the Student Clinic, call (204) 957-2402, and for further information, visit wellingtoncollege.com.

metro SPORTS

The Cleveland Cavaliers have reached a sponsorship deal to wear the Goodyear winged-foot logo on the fronts of their jerseys starting next season

Reynolds solid as a Rock

MLB

Veteran slugger on torrid start for NL West division leaders

Mark Reynolds glided into the Colorado Rockies clubhouse on a motorized skateboard.

A fitting ride these days for a player who just keeps rolling along.

Reynolds is having an unlikely all-star-calibre season, hitting .326 with a team-leading 12 homers and 33 RBIs. Unlikely, because he wasn't even supposed to be the everyday first baseman for the NL West-leading Rockies.

Signed to a minor-league deal in February, Reynolds became a valuable insurance policy when outfielder-turned-first baseman Ian Desmond was sidelined by a broken left hand in spring training. Now that Desmond's back, the Rockies have altered their plans because the 33-year-old Reynolds has been too hot to take out of the lineup.

"He's been playing phenomenal," said Desmond, whose team starts a 10-game trip in Minnesota on Tuesday. "He's been a huge part of us. He's been carrying us. It doesn't seem like there is any signs of slowing down, which is awesome."

Reynolds' resurgence, though, does present an outfield dilemma for manager Bud Black, who's trying to find adequate playing time for Desmond, Gerardo Parra, Charlie Blackmon and Carlos Gonzalez.

Mark Reynolds
GETTY IMAGES

Soon, there could be another name added to the mix when David Dahl returns from a rib injury.

But these are good dilemmas, not bad, because Colorado's depth, along with a stingy bullpen and reliable starting pitching from a young cast, are reasons why the team is off to its best start (24-15) in franchise history.

A consistent catalyst has been Reynolds, who's one of the top first basemen in the National League and not listed on the all-star ballot (Desmond is on there). A vote for Reynolds requires using the write-in slot.

Reynolds has been in an all-star quandary before, when he hit 24 homers at the break in 2009 while with the Arizona Diamondbacks. He was part of the vote for the final all-star spot and lost out to Shane Victorino.

"To experience it once would be neat," Reynolds said. "Four days with your family isn't bad, either."

For the moment, he's just riding his wave of his productivity.

"Because waves come crashing down, don't they?" said Reynolds, who homered in four straight games earlier this month. "That's why you have to stay even keel. You don't dwell on it, because, yeah, the last few days have been awesome. But the next three days could be 0-for-20. You've got to forget about it and concentrate on that day." THE ASSOCIATED PRESS

IN BRIEF

Canada crushes Norway thanks to power play

A dynamite power play, and a little bit of attitude, got Canada back on the winning track at the world hockey championship.

Colton Parayko scored twice as Canada clinched first place in its preliminary-round group with a 5-0 win over Norway on Monday. THE CANADIAN PRESS

Ticats extend their top defensive player

The Hamilton Tiger-Cats have signed international defensive end John Chick to a contract extension through the 2018 CFL season.

The 24-year-old was Hamilton's most outstanding defensive player in his first year with the team. THE CANADIAN PRESS

Terry going out with a bang

John Terry scored for a 17th successive English Premier League season as newly crowned champion Chelsea beat Watford 4-3 courtesy of Cesc Fabregas' late strike on Monday. THE ASSOCIATED PRESS

Leonard ruled out for Game 2 with ankle injury

Spurs coach Gregg Popovich has ruled Kawhi Leonard out for Game 2 of the Western Conference final with a sprained left ankle caused by what Popovich described as a "dangerous" and "unsportsmanlike" closeout by Golden State's Zaza Pachulia.

Leonard had an MRI on Monday and Popovich had no timetable for his return. THE ASSOCIATED PRESS

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DAILY TREAT
Winnipeg metro

MAKE IT TODAY

Zesty Veggie Cream Cheese Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Feel free to swap out whichever vegetables you like best (or have on hand) but be sure to choose bright and crunchy options to contrast the smooth cream cheese.

Ready in 5 minutes
Prep Time: 5 minutes
Serves 2

Ingredients
- 1 carrot, grated or slice
- 1/2 English cucumber, grated
- 1/2 avocado, sliced
- 1 teaspoon lemon juice
- 1/4 to 1/2 cup light cream cheese
- 4 slices of whole grain bread

Directions

1. Begin by grating your carrot and grating or slicing cucumber into bowls. Now halve your avocado. Gently slice it in the shell and turn the slices out onto a plate. Sprinkle the slices with lemon juice to keep them from browning

2. Now it's time to assemble. Place four slices of bread down on a clean cutting board. Load two with cream cheese to your desired thickness

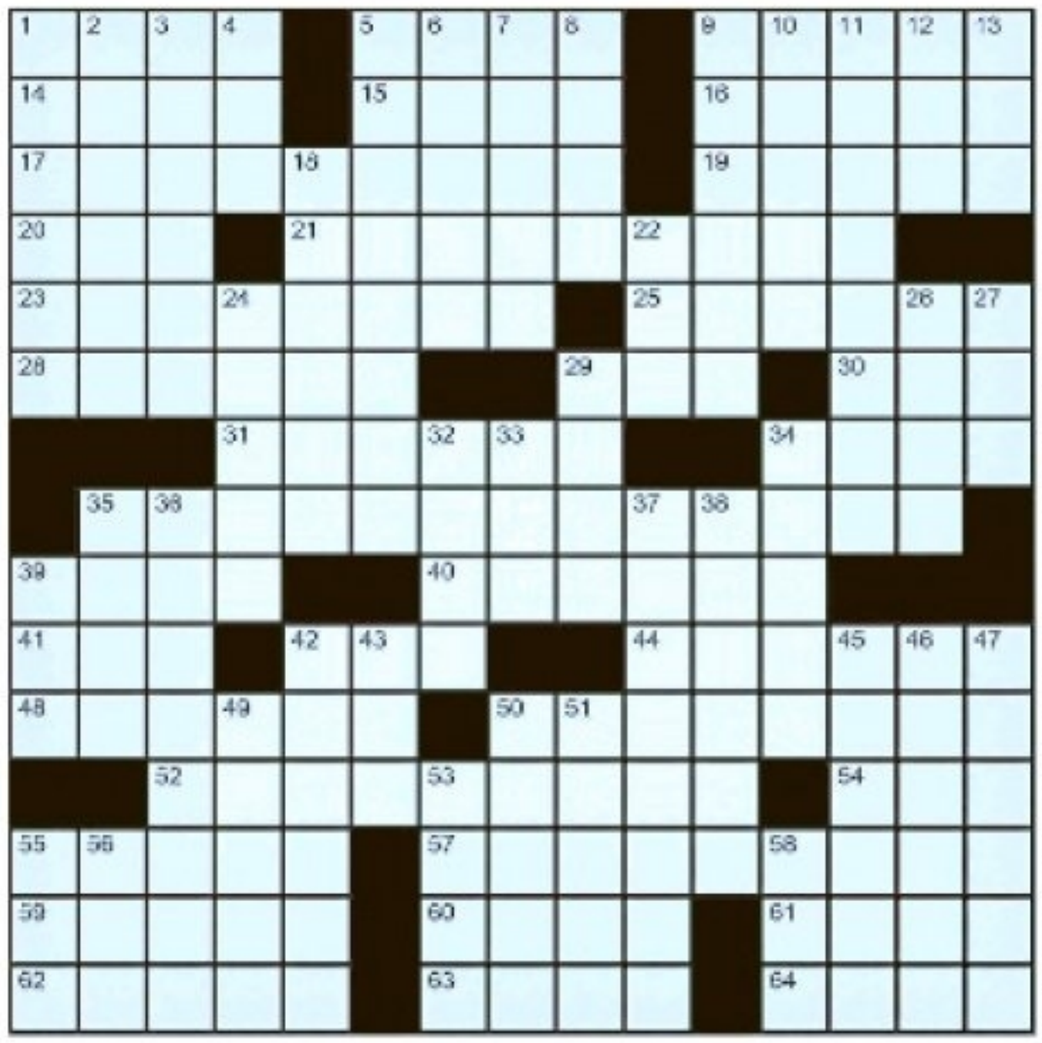
3. Sprinkle your desired amount of carrot and cucumber over the cheese and gently press it into the bread using the back of a wooden spoon or your hand.

4. Arrange a few slices of avocado on the remaining two pieces of bread. Pair up your avocado halves with the cheese halves and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Darn!"
5. Exec. levels
9. Make _ _ (Succeed)
14. Take _ _ (Attempt)
15. Count Basie's "_ _'Clock Jump"
16. North: Spanish
17. Canadian hockey great Russ
19. Famous pen name, Mark _
20. _ Savahl (Couture brand)
21. "Thinking of You" Canadian rock band
23. Like icicle-like decorations
25. 3-ring _
28. Eight-armed sea creatures
29. US Pres. from 1945 to 1953
30. _ _ _-1701 (U.S.S. Enterprise marking)
31. Street for Big Bird
34. "You're putting _ _, right?!"
35. Bit of the hit at #21-Across: "I was standing on the edge of town / I was doing my best to _ _ _ _..."
39. Neil Simon output
40. Cute crowns
41. Method/means
42. Caravansary
44. 'Dream'-meaning prefix
48. Specify
50. Party dance: 2 wds.
52. 1980 hit by #21-Across that goes "You know that you double-crossed me / Just how much can I endure?"
54. _ de Cologne
55. Rope: French
57. Dignified routes to take: 2 wds.
59. Hollywood's Mr. Hammer
60. Pulitzer-winning writer James
61. Creamy cheese
62. Home-_ business
63. Hasbro toy brand
64. Chemical suffixes

DOWN
1. _ _ _ the finish line
2. AECL = _ Energy of Canada Limited
3. No-show-er
4. Where Damascus is the capital city [abbr.]
5. Leonardo da Vinci masterpiece: 2 wds.
6. Tree's twisted knot
7. Mr. Savalas
8. Fish variety
9. 'Get' via the gut
10. Haul to the garage: 2 wds.
11. Now available: 2 wds.
12. "Take _, _ insist!"
13. _-Xer
18. Nicknamed Manitoba city from whence #21-Across hails: 2 wds.
22. Some CFL players
24. "_ _ _ things happened like..." (How about this scenario?)
26. MBA subject
27. Mil. force
29. 'Six'-meaning prefix
32. Memo abbr.
33. Avril's follower
34. Walk leisurely
35. Ice mass
36. Attorney partnerships: 2 wds.
37. TV culinary battle title: 2 wds.
38. Blythe of "Meet the Parents" (2000)
39. High deg.
42. Requiring resources: 2 wds.
43. 'Matrix' role
45. "Sources told me...": 2 wds.
46. Rock tour pro
47. Musical compositions
49. Rock music genre
50. Ecru
51. Felix _, Tony Randall's "The Odd Couple" character
53. Jackie of "Rush Hour" (1998)
55. Music legend Mr. Calloway
56. Songstress Rita
58. Kimono belt

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relationships with authority figures, especially those who are female authority figures, are touchy today. Therefore, tread carefully. Give some people a wide berth.

Taurus April 21 - May 21
Travel plans might change today or be canceled. Likewise, schedules and plans related to colleges, universities and technical schools also might change.

Gemini May 22 - June 21
Stay in touch with your bank account today, because something unexpected might affect your finances. Make sure you know what's happening. Discussions about inheritances and shared property will be up and down.

Cancer June 22 - July 23
Relationships with partners and close friends might be tricky today, because people feel independent and rebellious. Nobody wants to be told what to do

Leo July 24 - Aug. 23
Computer glitches and equipment breakdowns might create a change in your work routine today. Staff shortages or disagreements with someone also might affect your work flow. Stay chill.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids or children you work with, so be extra alert. Meanwhile, romantic partners might be sensitive or touchy. Be polite.

Libra Sept. 24 - Oct. 23
Something going on at home might go sideways today. It could be a family discussion or problems with a small appliance. Stay light on your feet to accommodate whatever happens.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open and be aware so that you can get through this day smoothly.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money today, because you might find money or you might lose money. Similarly, something you own might be broken, stolen or lost. Use caution.

Capricorn Dec. 22 - Jan. 20
You feel independent and even rebellious today. It's subtle, but it's there. Don't say anything that you will later regret.

Aquarius Jan. 21 - Feb. 19
Today you feel restless. You feel as if you're waiting for the other shoe to drop. We both know it will not fit you, and it probably will be ugly. Just relax.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone new who is a real character. Whatever the case may be, this is not a boring day when it comes to interacting with others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8	6				7	1	

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2	6	5	8	9	1	3	4	7
9	4	3	7	5	6	2	1	8
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8	7	1	5	2	9	4	6	3
5	3	4	1	6	7	8	2	9
3	5	6	9	1	4	7	8	2
1	2	7	6	8	5	9	3	4
4	8	9	2	7	3	1	5	6

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